

# Wellness Bulletin

April 2011

## Upcoming Events

### 10000 Goethe Road, Sacramento

**April 12<sup>th</sup>** *Surviving & Thriving During Turbulent Times Workshop*

10:00 am – 12:00 pm

1:00 pm – 3:00 pm

Sugar Loaf Room

**April 13<sup>th</sup>** *Peer Support Program Lunch & Learn*

12:00 pm – 12:30 pm (1<sup>st</sup> session)

12:30 pm – 1:00 pm (2<sup>nd</sup> session)

Sugar Loaf Room

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### 9838 Old Placeville Road, Sacramento

**April 12<sup>th</sup>** *Peer Support Program Lunch & Learn*

12:00 pm – 12:30 pm (1<sup>st</sup> session)

12:30 pm – 1:00 pm (2<sup>nd</sup> session)

Conference Room 112

**April 13<sup>th</sup>** *Surviving & Thriving During Turbulent Times Workshop*

10:00 am – 12:00 pm

1:00 pm – 3:00 pm

Conference Room 112

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### 1515 S Street, Sacramento

**April 19<sup>th</sup>** *Surviving & Thriving During Turbulent Times Workshop*

10:00 am – 12:00 pm (1<sup>st</sup> session)

1:00 pm – 3:00 pm (2<sup>nd</sup> session)

Kern/Colorado Room

**April 20<sup>th</sup>** *Peer Support Program Lunch & Learn*

12:00 pm – 12:30 pm (1<sup>st</sup> session)

12:30 pm – 1:00 pm (2<sup>nd</sup> session)

Colorado Room

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All workshops are seated  
on a first come, first seated basis.

Please receive approval from  
your supervisor to attend.

\*For more information visit the Intranet (under  
Coming Events): <http://intranet/Pages/Default.aspx>

## Did you know.....

OEW administers the Statewide *Peer Support Program (PSP)*?

The PSP teams consist of fellow staff at each institution, parole office regions, and HQ and provides assistance to staff following critical incidents.



This program was established to ensure staff involvement in critical incidents are provided with intervention and available resources to treat the immediate affects of a traumatic incident.

For more information or if you are interested in being a part of this team at HQ, attend a *Lunch & Learn session* or contact Rosanna Rodriguez at 916-327-7082 or

[Rosanna.Rodriguez@cdcr.ca.gov](mailto:Rosanna.Rodriguez@cdcr.ca.gov)

## Weight Watchers At-Work



1515 S Street, Room 110-South

11:30am – 12:00 pm weigh-in

12:00 – 12:30 pm meeting

(Every Tuesday)

### NEW! Points Plus Program

The Points Plus program will teach you how to make healthy eating choices that fit into your lifestyle. There are no required foods, just a simple, easy-to-follow, satisfying plan. Enjoy all fruits and most vegetables, and eat until you're satisfied.

Small changes make a big impact, so get started today!

For more information or to coordinate an  
At Work session, please contact

Michelle Brooks at (916) 323-2131 or

[Michelle.Brooks@cdcr.ca.gov](mailto:Michelle.Brooks@cdcr.ca.gov)

### ***Your Health Tips***

#### **Spring Cleaning is Here!**

*6 cleaning tips to live by everyday*



1. **Make the Bed** – A nice made bed makes the whole room seem more orderly, which makes it less likely that you'll let other things – such as clothes and papers – pile up around it.
2. **Manage Clutter** – Whenever you leave a room, take a quick look around for anything that isn't where it should be. Pick it up and put it where it belongs. Insist that everyone in your family does the same.
3. **Wipe Up Spills While They're Fresh** – Whether it's tomato sauce on the cook top or makeup on the bathroom counter, almost anything is faster and easier to remove if you attend to it immediately.
4. **Clean as You Cook** – Instead of filling the sink with pots and dishes, wash them or put them in the dishwasher as you prepare a meal.
5. **Sort the Mail** – Take a few minutes to open, read, and sort mail as soon as you bring it in. Keep a trash bin near your sorting area for junk mail.
6. **Sweep the Kitchen Floor** – Every evening once you've finished washing up after dinner, sweep the floor. This will keep tough-to-clean dirt and grime from building up, which will make the weekly mopping much quicker.

Provided by msnbc.com

### **TOP LOSER WEIGHT LOSS CHALLENGE**

Join our 12 week worksite weight-loss contest and learn some healthy eating strategies to lose weight.

**Sign-ups:** April 4 - May 12, 2011

**Contribution:** \$10 per participant to enroll in program and the pool of money will be used to award cash prizes to the winners at the end of the challenge. (Participation can be either individually or in teams.)

**Contact:** Terri Skondin [Terri.Skondin@dpa.ca.gov](mailto:Terri.Skondin@dpa.ca.gov)

#### **Kick-Off Meeting**

**May 12, 2011**

**12 pm - 1 pm**

**1515 S Street, Sacramento**

**Kern/Colorado Room**

**(Registration is required)**

**\*For more information visit the Intranet (under Coming Events):** <http://intranet/Pages/Default.aspx>

### **EAP Highlight**

#### **EAP now offers Web-Video Clinical Consultations!**



In addition to the option of receiving EAP services face-to-face or telephonically, you now have the option to schedule a session with a counselor via web-video in the comfort of your own home! Simply contact EAP and ask for a web video consultation and you will be directed to an MHN clinician with web video capabilities. Check out the short video on the website explaining the Web Video. These sessions are the same as telephonic; they do not count against your number of allotted sessions per fiscal year.

**Call EAP at 1-866-327-4762**

**Available 24 hours a day, 7 days a week**

**Or visit:** [www.eap4soc.mhn.com](http://www.eap4soc.mhn.com)  
and register with access code: soc